



Harley Street at Home

MENOPAUSE

Menopause Stories Resources

Every woman's menopause journey is different, and there's no one size fits all to take back control. Thankfully, however, a wealth of experts are on hand to help - inspiring and empowering women whatever their journey looks like. Take a listen to some of the heroes that make women's health a priority every day, and also to women who have taken control of their own menopause journey. They may just inspire you to do the same.

As a Supported Care member of www.harleystathome.com, you have access to the following menopause stories:

- **Menopause Heroes:** Join Nigel Denby in conversation with experts from across the world of menopause. From British Menopause Society (BMS) accredited doctors and nurses, to fitness experts who empower women through this stage of life, find out what inspires their passion for all things menopause.
- **Real Women, Real Stories:** Hear from real women, just like you, who have built their own menopause toolkit to take back control of their menopause.